



2023 IFBB PROFESSIONAL LEAGUE TUPELO PRO



NPC TOTAL BODY CHAMPIONSHIPS Saturday, August 12, 2023



IFBB: Olympia Qualifier | NPC: National Qualifier

PROMOTERS: IFBB PROS TIMMY AND JUDY GAILLARD, 104 WEST COOPER STREET, RIPLEY, MS 38663 WWW.TOTALBODYGYM.NET

MANDATORY CHECK-IN AND WEIGH-IN

- *CHECK-IN &/OR WEIGH-IN IS ON FRIDAY NIGHT, (AUGUST 11, 2023), AT THE VENUE: CADENCE BANK ARENA, (see address below).
- *ALL IFBB & NPC ATHLETES MUST CHECK-IN &/OR WEIGH-IN ON FRIDAY NIGHT. NPC CHECK-IN: 5PM TO 7PM. IFBB CHECK-IN 7:30PM.
- * NPC CARDS CAN BE PURCHASED ONLINE AT www.npcregistration.com OR THEY CAN BE PURCHASED AT CHECK-IN WITH A CHECK OR MONEY ORDER FOR \$150.00 (NO CASH ACCEPTED) -- MAKE PAYABLE TO THE NATIONAL PHYSIQUE COMMITTEE.
- * ONLY COMPETITORS WILL BE ALLOWED IN THE REGISTRATION/CHECK-IN ROOM.
- * NO WEIGH-IN OR CHECK-IN ON SATURDAY MORNING. *GOODIE BAGS AND T-SHIRTS WILL BE GIVEN ON A FIRST COME FIRST SERVE BASIS.

VENUE

* CADENCE BANK ARENA, 375 EAST MAIN STREET, TUPELO, MS 38804 - ENTRANCE D

ACCOMMODATIONS - HOTELS

- *HOLIDAY INN EXPRESS & SUITES, 1612 MCCLURE COVE, TUPELO, MS 38804 * 662-620-8184
- *HOME 2 SUITES BY HILTON TUPELO, 1005 LANDMARK BLVD., TUPELO, MS 38804 * 662-350-6256
- *HILTON GARDEN INN TUPELO, 363 EAST MAIN STREET, TUPELO, MS 38804 * 662-718-5500
- *DEADLINE TO RESERVE ROOM WITH DISCOUNT IS JULY 29, 2023. MENTION TOTAL BODY CHAMPIONSHIPS FOR SPECIAL RATE AT ALL HOTELS.

MUSIC/NPC RULES AND REGULATIONS

- *ALL COMPETITORS ARE REQUIRED TO BRING BANDS FOR PUMP-UP. NO WEIGHTS WILL BE ALLOWED BACKSTAGE/IN PUMP-UP ROOM.ALL
- *IFBB: CLASSIC PHYSIQUE & NPC: BODYBUILDING, WOMEN PHYSIQUE & CLASSIC PHYSIQUE ATHLETES MUST SUPPLY THEIR OWN MUSIC. YOU WILL RECEIVE A LINK TO UPLOAD MUSIC IN YOUR CONFIRMATION EMAIL. IFBB ATHLETE MUSIC MUST BE NO LONGER THAN 2 MINUTES. NPC ATHLETE MUSIC MUST BE NO LONGER THAN 45 SECONDS.
- *POSING MUSIC MUST BE THE ONLY MUSIC ON THE UPLOAD. COMPETITORS WILL NOT USE MUSIC AT PREJUDGING. (NO PROFANITY IN MUSIC).
- *BODYBUILDING, CLASSIC PHYSIQUE, BIKINI, & WELLNESS COMPETITION SUITS MUST BE WORN TO WEIGH-IN FOR APPROVAL. FIGURE COMPETITORS BRING SUITS TO WEIGH-IN FOR INSPECTION. NO T OR THONG SUITS WILL BE ALLOWED. EMPHASIS IS ON GOOD TASTE. AN ATHLETE MAY CROSSOVER IN EVERY DIVISION.
- *OPEN DIVISION - OPEN TO ANY NPC REGISTERED ATHLETE (AN ATHLETE WHO HAS WON THE OVERALL TITLE IN A CONTEST MAY NOT COMPETE IN A LOWER-LEVEL CONTEST IN THE SAME AREA OR DISTRICT AS THE CONTEST HE OR SHE WON).
- *NOVICE DIVISION - AN ATHLETE THAT HAS NOT WON AN OVERALL (INC. NOVICE, MASTERS & OPEN), HAS NOT WON AN OPEN CLASS WITH 3 OR MORE COMPETITORS IN THE CLASS OR HAS NOT PLACED TOP 10 IN A NATIONAL SHOW.
- *TRUE NOVICE IS AN ATHLETE THAT HAS NEVER COMPETED IN THE NPC - FIRST TIME COMPETITOR.
- *DUE TO VENUE RULES, ALL ATHLETES WEARING TANNING PRODUCTS MUST WEAR LONG SLEEVE SHIRTS AND LONG PANTS TO OCCUPY THE VENUE SEATING! NO EXCEPTIONS!!
- **NO DREAM TAN ALLOWED**
- *COLLEGIATE ATHLETES MUST HAVE PROOF OF STUDENT ENROLLMENT IN ANY UNIVERSITY, COLLEGE OR JUNIOR COLLEGE.
- *NO DETACHABLE LENS CAMERAS, NO VIDEO EQUIPMENT, NO SOLICITING OF PHOTOS OR VIDEO SERVICES IS ALLOWED IN THE AUDITORIUM.

POSING AND AWARDS

- *ALL COMPETITORS WILL BE INTRODUCED ON STAGE AT THE NIGHT SHOW. THE NPC RESERVES THE RIGHT TO DETERMINE THE NUMBER OF COMPETITORS THAT WILL POSE AT THE NIGHT SHOW. THE TOP 5 COMPETITORS IN EACH HEIGHT/WEIGHT CLASS AND OVERALL WINNERS WILL BE AWARDED TROPHIES AND/OR MEDALS. NO REFUNDS

TICKETS

- *PREJUDGING & FINALS TICKETS WILL COVER BOTH THE IFBB & NPC SHOWS.
- *PREJUDGING - \$30 FOR GENERAL ADMISSION AND \$45 FOR VIP ; *FINALS - \$45.00 FOR GENERAL ADMISSION; AND \$60.00 FOR VIP .
- *TO PURCHASE TICKETS IN ADVANCE, VISIT www.totalbodygym.net. FOR MORE INFORMATION CALL: TIMMY & JUDY GAILLARD AT 662-837-5987.

ENTRY FEES AND DEADLINES

- *NPC ENTRY FEES ARE \$110.00 PER ATHLETE, FOR EACH CLASS ENTERED.
- *ALL ENTRY FORMS MUST BE SUBMITTED THROUGH THE SHOW WEBSITE. FEES SHOULD ALSO BE MADE AT TIME OF ENTRY THROUGH THE ONLINE ENTRY LINK ON SHOW WEBSITE.
- *IF PAYMENT IS NOT MADE AT THE TIME OF ENTRY THROUGH MUSCLEWARE, PROMOTER WILL ACCEPT MONEY ORDER, CERTIFIED CHECK, PERSONAL CHECK, CREDIT CARD, CASH APP, VENMO OR CASH TO "TOTAL BODY CHAMPIONSHIPS" IN THE AMOUNT OF \$110.00 FOR EACH ATHLETE (MEN AND WOMEN) FOR EACH CLASS ENTERED.
- *CASH, CREDIT CARDS, CASH APP, VENMO & PAYPAL WILL BE ACCEPTED ON FRIDAY NIGHT.

CHECKLIST: ENTRIES MUST BE SUBMITTED BY SATURDAY, JULY 29, 2023 TO AVOID A LATE FEE OF \$50.00.

IF NOT PAYING ONLINE, MAIL FEES TO: TOTAL BODY CHAMPIONSHIPS, 104 WEST COOPER STREET, RIPLEY, MS 38663.

INCLUDE THE FOLLOWING:

- 2023 CONFIRMATION OF ONLINE ENTRY FORM.
- COPY OF 2023 NPC CARD (CAN BE PURCHASED AT CHECK-IN): CHECK OR MONEY ORDER ONLY MADE PAYABLE TO THE "NATIONAL PHYSIQUE COMMITTEE."
- CHECK OR MONEY ORDER FOR THE TOTAL FOR EACH CLASS ENTERED (\$110.00 PER CLASS) MADE PAYABLE TO "TOTAL BODY CHAMPIONSHIPS"
- COPY OF DRIVER'S LICENSE IF YOU ARE ENTERING MASTER'S CLASSES OR COLLEGE ID IF ENTERING COLLEGIATE



Sanction
#4399